



When Regis King started at Christian Brothers Academy in the fall of 1944, although he was new to the school, he was no stranger to the Academy. Regis had two older brothers, Norb and Fred, attend CBA before him. Both of them were great athletes in their own right, but little did they know that baby brother Regis would become one of CBA's and Central New York's most decorated athletes of the era.

Regis was tall for the time standing a towering six foot three inches as a sophomore and growing another two inches before graduating in 1948. He was a natural athlete able to easily master any sport in which he chose to participate. But instead of becoming a three sport athlete at CBA, he chose to play his two favorite sports, basketball and baseball.

On the basketball court, Regis quickly made an impression. As the starting center on coach Joe Byrne's Golden Tornadoes as a sophomore, Regis was named to the first team all City all star team, an honor he received in each of his three years of varsity competition. The team had an outstanding season as well, winning the league, playoff and city -parochial championships and compiling a 17 - 1 record. A note of interest, that year the team received a bid to the Eastern States Championships in Newport, RI and to the Catholic championships in Glens Falls but were declared ineligible to participate because they had already reached their limit of 18 games for the season. Regis continued his dominance on the court as a junior, this time winning the league scoring title with 207 points in 12 league contests. That year again the team had a great season, tying with Central for the league championship and finishing with a 15 - 4 record. But, he saved the best for his senior year.



Not only was he chosen as co captain of the all city all star team for the second consecutive year, but he again led the league in scoring with 262 points in league games (348 overall) and to a league championship. For his career, Regis scored 947 points in 59 and games and led his team to 3 consecutive league championships and a record of 49 - 6 in his last 3 years. But here is the scary part of all this, Basketball wasn't his main sport!

Regis was one of the best schoolboy pitchers ever to come out of Central New York. While at CBA, Regis compiled a 34 - 3 win loss record leading his team to 4 consecutive City league Championships. As a sophomore, King struck out 128 batters in 13 games, including a 16 strikeout performance in the All City championship game vs. St. Anthony's. As a junior, Regis was even better. He struck out 164 batters in 12 games allowing only 24 hits, 9 earned runs and walked only 10 batters along the way. This total included a 10 - 2 record with 7 shutouts, 6 one hitters, and at one time during the season he strung together 27 consecutive scoreless innings. For his accomplishments, Regis was named the Player of the Year by the Syracuse newspapers. In his senior year, Regis relinquished some of his pitching duties to allow some of the younger pitchers to develop. Still, he compiled a 10 - 0 record. In 75 and one-third innings Regis struck out 139 batters and allowed only 24 hits. He had a high of 24 strikeouts in an 11inning game vs. North. Again the team won the City League championship and in the All City championship game vs. Baldwinsville, Regis ended his high school career with a 3 hit, 19 strikeout effort.

With all the attention he received from his successes on the diamond, Regis received much interest from the pro baseball scouts. But he decided to continue his education at Manhattan College where he played basketball and baseball during his four years there. Regis excelled again in both sports, being named Captain of the basketball team in his senior year, he held firm in his quest to get his college degree and although several times he was offered the opportunity to play pro ball.



Back to CBA for the first time in many years, Regis celebrated his 50 year reunion from CBA in 1998. We welcomed you back then and now we are pleased to have you back to receive this honor, one which you so deeply deserve.